

Mindfulness, Movement and Fellowship: Fostering Community Health

ORLANDO MAYOR BUDDY DYER'S NEIGHBORHOOD AND COMMUNITY SUMMIT

LOCATION: LOEWS ROYAL PACIFIC RESORT AT UNIVERSAL ORLANDO

DATE: MARCH 25TH, 2023



Modern Life Crisis:



- 6 OUT OF 10 AMERICAN ADULTS HAVE AT LEAST ONE CHRONIC LIFESTYLE DISEASE,
- 4 OUT OF 10 HAVE 2 OR MORE CHRONIC LIFESTYLE DISEASES,
- 53% OF AMERICANS ARE UNHAPPY AT THEIR JOBS,
- MORE THAN 3 IN 5 AMERICANS ARE LONELY, WITH MORE PEOPLE REPORTING FEELING LIKE THEY ARE LEFT OUT, POORLY UNDERSTOOD AND LACKING COMPANIONSHIP,
- OVER 65 MILLION AMERICANS SUFFER FROM DEPRESSION AND ANXIETY, AND
- APPROXIMATELY HALF OF ALL ADULTS EXPERIENCE DIFFICULTIES IN INTIMATE RELATIONSHIPS.

Effects of Prolonged Stress & Anxiety:

WHAT IS STRESS AND ANXIETY?

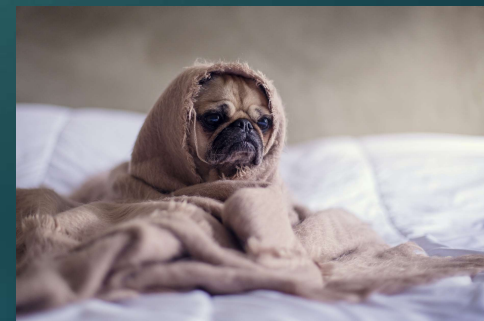
STRESS IS A PHYSIOLOGICAL AND BEHAVIORAL RESPONSE TO AN IMMEDIATE THREAT OR CHALLENGE (I.E., DEALING WITH BUSY SCHEDULE, FINANCIAL DIFFICULTIES, ETC.).

ANXIETY IS AN EMOTIONAL FEELING AND PSYCHOLOGICAL STATE ANTICIPATING THE POSSIBILITY OF HARM (I.E., A NEW JOB, MEDICAL SYMPTOMS, PUBLIC SPEAKING, SCHOOL WORK, ETC.). ANXIETY IS A FEAR THAT SOMETHING MIGHT GO WRONG.

HOW IS THIS DETRIMENTAL TO YOUR HEALTH?

STRESS LEFT UNCHECKED CAN CONTRIBUTE TO MANY HEALTH PROBLEMS, SUCH AS HIGH BLOOD PRESSURE, HEART DISEASE, OBESITY, AND DIABETES.

LONG-TERM ISSUES RELATED TO ANXIETY INCLUDE MEMORY PROBLEMS, FREQUENT MIGRAINES, HEART PROBLEMS AND HEART DISEASE, VARIOUS ILLNESSES FROM A LOWERED IMMUNE SYSTEM, AND GASTROINTESTINAL DISORDERS, INCLUDING IRRITABLE BOWEL SYNDROME.



Effects of Prolonged Stress & Anxiety:

HOW LACK OF SOCIAL CONNECTEDNESS (BONDING) CONTRIBUTES TO HEIGHTENED STRESS AND ANXIETY?

BOTH SOCIAL DISCONNECTEDNESS AND PERCEIVED ISOLATION CAN INCREASE THE RISK OF MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION AND ANXIETY. HAVING FEW SOCIAL TIES OR INFREQUENT SOCIAL ACTIVITIES AND FEELING LONELY OR LACKING SUPPORT CAN HEIGHTEN REACTIONS TO STRESS EXPOSURE AND REDUCE INDIVIDUALS' COPING ABILITIES (SANTINI, ET. AL. 2020).

SELF-CARE STRATEGIES FOR STRESS AND ANXIETY? (AS PER THE MAYO CLINIC)

- GETTING REGULAR PHYSICAL ACTIVITY,
- PRACTICING RELAXATION TECHNIQUES, SUCH AS DEEP BREATHING, MEDITATION, YOGA, TAI CHI OR MASSAGE,
- KEEPING A SENSE OF HUMOR,
- SPENDING TIME WITH FAMILY AND FRIENDS, AND
- SETTING ASIDE TIME FOR HOBBIES, SUCH AS READING A BOOK OR LISTENING TO MUSIC.



Meditation & Mindfulness:

WHAT IS MEDITATION?

MEDITATION IS A PRACTICE IN WHICH AN INDIVIDUAL USES A TECHNIQUE, SUCH AS MINDFULNESS, OR FOCUSING ON A PARTICULAR OBJECT, THOUGHT, OR ACTIVITY, TO TRAIN ATTENTION AND AWARENESS, AND ACHIEVE A MENTALLY CLEAR AND EMOTIONALLY CALM AND STABLE STATE.

DIFFERENT TYPES OF MEDITATION:

- BODY-CENTERED MEDITATION (I.E., YOGA NIDRA)
- CONTEMPLATION
- EMOTION-CENTERED MEDITATION
- MANTRA MEDITATION
- MEDITATION WITH MOVEMENT (I.E., YOGA PRACTICE)
- MINDFULNESS MEDITATION (SOLITUDE, SILENCE, & STILLNESS)
- VISUAL-BASED MEDITATION



Health Benefits of Meditation:

WHAT EXACTLY DOES MEDITATION DO?

- DECREASED SYMPTOMS OF ANXIETY, DEPRESSION, OR POST-TRAUMATIC STRESS DISORDER (PTSD),
- IMPROVED COGNITIVE ABILITY (ABILITY TO THINK), CONCENTRATE AND PROBLEM SOLVE,
- BETTER ABILITY TO ADAPT TO AND OVERCOME PROBLEMS (EMOTIONAL RESILIENCE), AND
- WITH BETTER MENTAL CONSTITUTION (MENTAL HEALTH), COMES BETTER OVERALL HEALTH AS YOU EXPERIENCE IMPROVEMENTS IN HOW WELL YOU SLEEP, BLOOD PRESSURE, AND HEART FUNCTION (AMONG OTHERS).

Why Meditation Works:

- RESEARCH STUDIES HAVE FOUND THAT PEOPLE WHO MEDITATE REGULARLY HAVE DIFFERENCES IN THEIR BRAIN STRUCTURE. THE CHANGES NOTICED ENTAIL BRAIN TISSUE THAT IS DENSER OR CERTAIN AREAS OF THE BRAIN THAT ARE LARGER THAN EXPECTED, WHICH SIGNALS THAT THE NEURONS THERE HAVE MORE CONNECTIONS TO EACH OTHER AND THE CONNECTIONS ARE STRONGER.
- THE AFFECTED AREAS OF THE BRAIN ARE USUALLY THOSE THAT MANAGE OR CONTROL YOUR SENSES (VISION, HEARING, ETC.), YOUR ABILITY TO THINK AND CONCENTRATE, AND YOUR ABILITY TO PROCESS EMOTIONS.
- THAT MEANS THE BRAINS OF PEOPLE WHO MEDITATE REGULARLY ARE HEALTHIER AND LESS LIKELY TO SHOW AGE-RELATED LOSS OF FUNCTION. THEY ALSO HAVE A STRONGER ABILITY TO DEAL WITH AND PROCESS NEGATIVE EMOTIONS LIKE FEAR, ANGER AND GRIEF.

Human Agency:

AGENCY REFERS TO THE HUMAN CAPABILITY TO INFLUENCE ONE'S FUNCTIONING AND THE COURSE OF EVENTS BY ONE'S ACTIONS.

THE FOUR FUNCTIONS THROUGH WHICH HUMAN AGENCY IS EXERCISED:

1. INTENTIONALITY - PEOPLE FORM INTENTIONS THAT INCLUDE ACTION PLANS AND STRATEGIES FOR REALIZING THEM.
2. TEMPORAL EXTENSION OF AGENCY THROUGH FORETHOUGHT - PEOPLE SET THEMSELVES GOALS AND FORESEE LIKELY OUTCOMES OF PROSPECTIVE ACTIONS TO GUIDE AND MOTIVATE THEIR EFFORTS ANTICIPATORILY.
3. SELF-REGULATION - AGENTS ARE NOT ONLY PLANNERS AND FORETHINKERS. THEY ARE ALSO SELF-REGULATORS. SELF-REGULATION REQUIRES A CONSCIOUS AWARENESS AND INVOLVES SELECTING AND DEPLOYING STRATEGIES IN ORDER TO ACHIEVE EXPLICIT AND IMPLICIT GOALS.
4. SELF-EFFICACY - PEOPLE ARE NOT ONLY AGENTS, THEY ARE SELF-EXAMINERS OF THEIR OWN FUNCTIONING. THROUGH FUNCTIONAL SELF-AWARENESS, THEY REFLECT ON THEIR PERSONAL EFFICACY, THE SOUNDNESS OF THEIR THOUGHTS AND ACTIONS, THE MEANING OF THEIR PURSUITS, AND MAKE CORRECTIVE ADJUSTMENTS IF NECESSARY.

The Importance of Movement:

PARTICIPATING IN REGULAR MOVEMENT (I.E. PHYSICAL ACTIVITY OR EXERCISE) HAS PROVEN BENEFITS FOR BOTH OUR MINDS AND BODIES.

BENEFITS OF MOVEMENT:

- RELEASES ENDORPHINS AND HELPS RELIEVE STRESS, (ENDORPHINS INCREASE PLEASURE, BOOST SELF-ESTEEM, IMPROVE MOOD, AMONG OTHERS)
- ALLOWS US TO TAKE A BREAK FROM EVERYDAY CHALLENGES AND RESPONSIBILITIES,
- HELPS EMOTIONS MOVE THROUGH OUR BODIES,
- PROVIDES AN OUTLET FOR SELF EXPRESSION, AND
- STRENGTHENS THE CONNECTION WE HAVE WITH OUR BODIES.

RISKS OF NOT MOVING:

- CAN LEAD TO HEART DISEASE (EVEN FOR PEOPLE WITH NO OTHER RISK FACTORS),
- CAN LEAD TO OBESITY,
- CAN LEAD TO HIGH BLOOD PRESSURE,
- CAN LEAD TO HIGH BLOOD CHOLESTEROL, AND
- CAN LEAD TO TYPE 2 DIABETES.

MOVEMENT IS A TANGIBLE AND ACCESSIBLE COPING MECHANISM FOR ALL ABILITIES, FITNESS LEVELS AND RANGES OF MOBILITY. IT CAN ALSO BE A GREAT OUTLET TO MEET PEOPLE, BUILD COMMUNITY AND FIND SUPPORT IN TOUGH TIMES.



Interpersonal Connectedness:

RESEARCH HAS PROVEN A STRONG CORRELATION BETWEEN INTERPERSONAL CONNECTEDNESS (STRONG BOND WITH PEOPLE) AND EXPERIENCING THE FOLLOWING:

- LESS STRESS (LESS PRODUCTION OF CORTISOL OR STRESS HORMONE),
- BETTER ABILITY TO HEAL FROM PROCEDURE OR ILLNESS,
- ADOPTING HEALTHY BEHAVIORS,
- GARNERING A STRONG SENSE OF WELL-BEING AND PURPOSE (SENSE OF PURPOSE CAN ADD YEARS TO YOUR LIFE), AND
- LONGEVITY (STRONG SOCIAL TIES CAN ADD YEARS TO YOUR LIFE).



Pervasive Loneliness:

DESPITE SOPHISTICATED TECHNOLOGICAL ADVANCEMENTS GEARED TO KEEP US “CONNECTED” ALL 24 HOURS OF EVERY DAY, THERE IS AN EMERGENCE OF LONELINESS ALL ACROSS THE WORLD.

WHAT IS LONELINESS?

LONELINESS IS A NEGATIVE CONDITION RESULTING FROM A STATE OF ALONENESS.

THE NUMBER OF FRIENDS ON FACEBOOK OR FOLLOWERS ON INSTAGRAM OR THE NUMBER OF SOCIAL RELATIONSHIPS DOES NOT DETERMINE WHETHER PEOPLE FEEL LONELY.

RATHER, IT IS THE EMOTIONAL AND COGNITIVE REACTIONS THE INDIVIDUAL EXPERIENCES IN RELATION TO THESE CONNECTIONS THAT PLAY A ROLE IN EXPERIENCING LONELINESS.

WHAT ARE SOME OF THE NEGATIVE REACTIONS ASSOCIATED TO LONELINESS?

SADNESS AND HOPELESSNESS.

Community Gatherings & Safe Spaces:

THE DEPTH AND SUBSTANCE OF OUR INTERACTIONS MATTER AND WITH THE PROMOTION OF COMMUNITY GATHERINGS AND THE CREATION OF SAFE SPACES THAT ALLOW FOR PROPER BONDING BETWEEN CITIZENS, WE ARE DEEPENING OUR CONNECTION THROUGH THE SUBSTANCE OF OUR SHARED EXPERIENCES, WHICH ARE HEART CENTERED AND PLACING EMPHASIS ON ELEVATED STATES OF EMOTION, SUCH AS HAPPINESS, GRATITUDE, JOY, AND GRACE.

EARLY HUMANS DEPENDED ON STRONG SOCIAL INTERACTIONS FOR PHYSICAL SURVIVAL. **TODAY, WE NEED EACH OTHER FOR PSYCHOLOGICAL SURVIVAL (TO COMBAT LONELINESS).**

SOME OF THE MENTAL AND PHYSICAL CONDITIONS ASSOCIATED TO LONELINESS INCLUDE SOCIAL ISOLATION, DEPRESSION, POOR SLEEP AND APPETITE, AND IMPAIRED IMMUNE AND CARDIOVASCULAR FUNCTIONING.

Emotional Contagion & Mirror Neurons:

WHAT ARE MIRROR NEURONS?

IN HUMANS AND PRIMATE SPECIES THERE ARE NEURONS CALLED MIRROR NEURONS. THESE BRAIN CELLS ACTIVATE WHEN WE SEE SOMEONE DOING SOMETHING. MIRROR NEURONS RESPOND TO ACTIONS THAT WE OBSERVE IN OTHERS. THEY ARE RELATED WITH EMPATHIC, SOCIAL, AND IMITATIONS BEHAVIOR AND ARE A FUNDAMENTAL TOOL FOR LEARNING.

WHAT IS EMOTIONAL CONTAGION?

EMOTIONAL CONTAGION REFERS TO HOW HUMANS SYNCHRONIZE EMOTIONS, WHETHER CONSCIOUSLY OR UNCONSCIOUSLY, AND CONVERGE IN A SHARED FEELING STATE. THE FIRST STEP IN THE PROCESS IS DEFINED BY MIMICRY OR IMITATION AND THE SECOND, WHEN THE NON-VERBAL SIGN OF EMOTION IS RECEIVED AND THEN REPLICATED BY THE MIMIC, MOMENTARILY CHANGES IN ONE'S FELT EMOTIONS ALSO OCCUR.

Advantages to Emotional Contagion:

THE FACT THAT WE CAN INTERCONNECT TO EACH OTHER AND UNDERSTAND EACH OTHER'S FEELINGS CAN WORK TO OUR ADVANTAGE.

- **HAPPINESS IS MORE CONTAGIOUS THAN SADNESS, SO TRY TO SURROUND YOURSELF WITH HAPPY PEOPLE.** HOWEVER, DON'T AVOID PEOPLE WHO ARE SAD, WE ALL NEED SUPPORT SOMETIMES AND GIVING THEM LOVE MIGHT HELP THEM RECOVER FASTER.
- **IMITATE HAPPY AND POSITIVE PEOPLE, DO WHAT THEY DO.** PRACTICE SPORTS (PHYSICAL ACTIVITY & MOVEMENT) AND SMILE MORE (EVEN IF YOU DON'T FEEL LIKE IT, YOU WILL LATER FEEL BETTER). KEEP A HEALTHY SELF-ESTEEM AND STOP THINKING NEGATIVELY.
- **THINK BEFORE ACTING OR SAYING ANYTHING, ESPECIALLY IF ITS NEGATIVE.** TRY TO SAY IT POLITELY, EDUCATED AND AS CALMLY AS POSSIBLE SINCE YOUR EMOTIONAL STATE CAN BE CONTAGIOUS.

Function of Habits:

WHAT IS A HABIT?

A HABIT IS A ROUTINE OF BEHAVIOR THAT IS REPEATED REGULARLY AND TENDS TO OCCUR SUBCONSCIOUSLY.

ACCORDING TO SCIENTISTS, HABITS EMERGE BECAUSE THE BRAIN IS CONSTANTLY LOOKING FOR WAYS TO SAVE EFFORT, BECOME MORE EFFICIENT. THROUGH “CHUNKING” (ROOT OF HOW HABITS FORM), THE BRAIN CONVERTS A SEQUENCE OF ACTIONS INTO AUTOMATIC ROUTINE. THE BASAL GANGLIA (NUB OF NEUROLOGICAL TISSUE LOCATED IN THE PRIMITIVE BRAIN, DEEP INSIDE THE BRAIN CLOSER TO BRAIN STEM, WHERE BRAIN MEETS THE SPINAL COLUMN) IS CENTRAL TO RECALLING PATTERNS AND ACTING ON THEM. IT IS FOUND IN THE REGION OF THE BRAIN THAT CONTROLS OUR AUTOMATIC BEHAVIORS, SUCH AS BREATHING AND SWALLOWING.

Habit Installation Protocol:

WHAT IS THE HABIT INSTALLATION PROTOCOL (HABIT LOOP)?

HABITS ARE CREATED BY PUTTING TOGETHER A CUE, A ROUTINE, AND A REWARD, AND THEN CULTIVATING A CRAVING THAT DRIVES THE LOOP. **THE CRAVING DRIVES THE HABIT LOOP.**

AN EXAMPLE OF HEALTHY HABIT WOULD BE THE MORNING RUN. A POSSIBLE CUE WOULD BE TO LEAVE YOUR RUNNING CLOTHES BY THE BED, THE REWARD COULD BE THE EXPECTATION OF THE ENDORPHINS AND OTHER NEUROCHEMICALS THE RUN WOULD PROVIDE. IN ORDER FOR TO REACH THE POINT OF AUTOMATICITY (WHERE IT'S AUTOMATIC), THE CUE MUST ALSO TRIGGER A CRAVING FOR THE REWARD TO COME.

STUDIES HAVE SHOWN THAT NEW HABIT INSTALLATION CAN BE SUCCESSFULLY ACHIEVED IN 66 DAY PERIOD (22 DAYS "UGLY"; 22 DAYS "MESSY"; 22 DAYS "GORGEOUS"). (R. SHARMA)

Habit Change Method:

THE GOLDEN RULE OF HABIT CHANGE:

YOU CAN'T EXTINGUISH A BAD HABIT, YOU CAN ONLY CHANGE IT.

IN ORDER TO CHANGE A HABIT, YOU MUST KEEP THE OLD ONE, AND DELIVER THE OLD REWARD, BUT INSERT A NEW ROUTINE.

EXAMPLE:

CUE = 2PM

ROUTINE = CAFETERIA BREAK (AFTERNOON SNACK AND CONVERSATION)

REWARD = NEEDS ASSESSMENT (ENERGY? SATIATE HUNGER? SOCIALIZATION?)

WHAT ARE WE TRULY CRAVING? REWARD MUST REMAIN THE SAME. AIM IS TO CHANGE THE ROUTINE. IF SOCIALIZATION IS TRUE CRAVING, 15-MIN WALK WITH A FRIEND IS POSSIBLE ROUTINE REPLACEMENT.



Keystone Habit:

WHAT IS A KEYSTONE HABIT?

HABITS THAT HAVE THE POWER TO START A CHAIN REACTION, CHANGING OTHER HABITS THAT BEGIN TO TRANSFORM A PERSON'S LIFE (THEY INFLUENCE HOW A PERSON EATS, PLAYS, SPENDS, AND COMMUNICATES). IN TIME, KEYSTONE HABITS ONCE INSTALLED LEAD TO MASSIVE TRANSFORMATION IN SOMEONE'S LIFE.

IMPACT OF COMMUNITY YOGA EVENT IN ESTABLISHING "KEYSTONE HABIT":

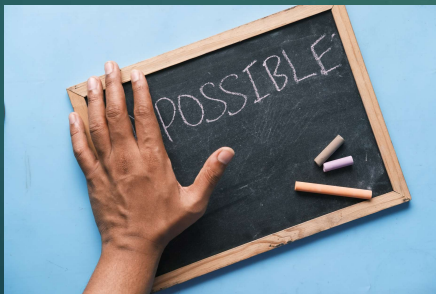
YOGA ON THE LAWN PARTICIPANT TESTIMONIAL: HAD NEVER PRACTICED YOGA OR DONE ANY OTHER FORM OF MOVEMENT PRIOR, YET HAS COMMITTED TO PRACTICING YOGA ON THE LAWN FOR OVER A YEAR NOW AND ATTENDED MULTIPLE WELLNESS EVENTS, ULTIMATELY ADOPTING A HEALTHIER LIFESTYLE AS A RESULT OF THE INSTALLATION OF THE "KEYSTONE HABIT" OF MOVEMENT THROUGH YOGA. (CRAVING = "FEELS SO GOOD AFTER.")

Keystone Habit: Other Considerations

ADVANTAGE OF COMMUNITY WIDE EVENTS IN KEYSTONE HABIT INSTALLATION:

GIVEN THE KNOWN SCIENCE OF HABIT INSTALLATION, THE SUPPORT SYSTEM PROVIDED BY THE GROUP DYNAMICS CAN PROVIDE THE NECESSARY “BELIEF” THAT IF CHANGE IS ACHIEVABLE FOR THOSE AROUND ME, THEN IT MUST ALSO BE ACHIEVABLE FOR ME.

THE PERSON MAY BE CRAVING SOCIALIZATION AND BE NOURISHED BY THE GROUP INTERACTION AND CONTINUE COMING WEEK AFTER WEEK TO SATIATE THE NEED FOR BELONGING. ONCE THE NEW BEHAVIOR OF MOVEMENT HAS BEEN INSTALLED, THERE IS ROOM FOR OTHER HEALTHY CONDUCTIVE BEHAVIORS TO FOLLOW.



Alcoholics Anonymous (AA):



ALCOHOLICS ANONYMOUS (AA) – MOST WELL-KNOWN AND SUCCESSFUL HABIT-CHANGING ORGANIZATION IN THE WORLD. WHILE ALCOHOLISM IS MORE THAN JUST A HABIT (PHYSICAL ADDICTION WITH PSYCHOLOGICAL AND PERHAPS GENETIC ROOTS), THE AA PROGRAM DOES NOT DIRECTLY ATTACK THE PSYCHIATRIC OR BIOCHEMICAL ISSUES THAT RESEARCHERS SAY ARE AT THE CORE OF WHY ALCOHOLICS DRINK. WHAT AA PROVIDES INSTEAD IS A METHOD FOR ATTACKING THE HABITS THAT SURROUND ALCOHOL USE (DUHIGG, 2014).

RESEARCHERS SAY THAT AA WORKS BECAUSE THE PROGRAM FORCES PEOPLE TO IDENTIFY THE CUES AND REWARDS THAT ENCOURAGE THEIR ALCOHOLIC HABITS, AND THEN HELPS THEM FIND NEW BEHAVIORS. THE FIRST STEP IN HABIT REVERSAL TRAINING IS TO RECOGNIZE THE CUES. ASKING MEMBERS TO DESCRIBE WHAT TRIGGERS THEIR HABITUAL BEHAVIORS IS CALLED AWARENESS TRAINING.

Alcoholics Anonymous (AA):

RESEARCHERS HAVE ESTABLISHED THAT HABIT REPLACEMENT IS EFFECTIVE FOR MANY PEOPLE UNTIL MAJOR STRESSORS SURFACE IN THEIR LIVES (LIFE CRISIS).

THEY FOUND THAT REPLACEMENT HABITS ONLY BECOME DURABLE NEW BEHAVIORS IN THE FACE OF MAJOR ADVERSITY WHEN THEY ARE ACCOMPANIED BY SOMETHING ELSE.

BELIEF WAS THE INGREDIENT THAT MADE A REWORKED HABIT LOOP INTO A PERMANENT BEHAVIOR.

MANY RECOVERED ALCOHOLICS CREDIT THE BELIEF IN GOD FOR THEIR RECOVERY. THERE IS ALSO POWER IN GROUP DYNAMICS AND SHARED EXPERIENCES. **A COMMUNITY CREATES BELIEF.**

“AT SOME POINT, PEOPLE IN AA LOOK AROUND THE ROOM AND THINK, IF IT WORKED FOR THAT GUY, I GUESS IT CAN WORK FOR ME.” ~ LEE ANN KASKUTAS

The Power of Belief:

THERE ARE 3 BASIC HUMAN NEEDS:

LOVE, SAFETY, AND BELONGING (COMMUNITY)

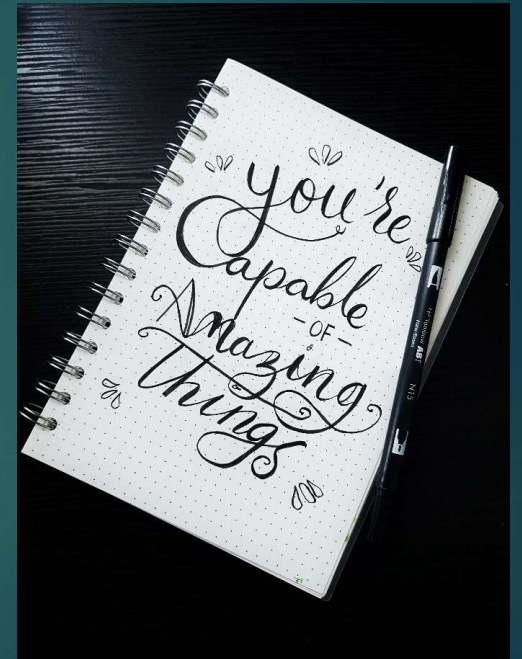
OUR BELIEFS TELL US IF ANY ONE OF THESE BASIC NEEDS FEEL LIKE THEY ARE AT RISK OF BEING LOST. A PART OF OUR BRAIN WILL TELL US TO STOP AND SLAM ON THE BRAKES IN ORDER TO KEEP THOSE NEEDS INTACT. TO BELIEVE SOMETHING IS TO MAKE IT “DEAR” AND “VALUABLE” TO US.

BELIEFS COME FROM SOMETHING CALLED “PROGRAMMING.”

PROGRAMMING CREATES DECISIONS, WHICH STABILIZES BELIEFS, WHICH SHAPES OUR IDENTITY, WHICH INFORMS OUR ACTIONS AND BEHAVIORS, WHICH DETERMINES OUR RESULTS.

WHEN YOU CHANGE YOUR BELIEFS:

BELIEFS CREATE THOUGHTS -> THOUGHTS CREATE FEELINGS -> FEELINGS CREATE BEHAVIORS/HABITS -> BEHAVIOR/HABITS CREATE RESULTS



What's Your "Ikigai"?

- YOUR "IKIGAI" IS YOUR LIFE'S PURPOSE OR WHY IT IS THAT YOU WAKE UP IN THE MORNING. THIS TERM STEMS FROM OKINAWA, JAPAN, WHICH IS ONE OF FIVE IDENTIFIED "BLUE ZONES" OR THE PLACES IN THE WORLD WHERE PEOPLE LIVE THE LONGEST AND HEALTHIEST. KNOWING YOUR SENSE OF PURPOSE IS WORTH UP TO SEVEN YEARS OF EXTRA LIFE EXPECTANCY.
- THE FIVE BLUE ZONES ARE THE FOLLOWING: OKINAWA, JAPAN; SARDINIA, ITALY; NICOYA PENINSULA, COSTA RICA; IKARIA, GREECE; LOMA LINDA, CALIFORNIA.
- *CONSIDER THE FRAMEWORK THAT CENTENARIANS IN OKINAWA, JAPAN LIVE WITHIN RESPECTIVE TO MAINTAINING A HEALTHY AND BALANCED LIFE: GOOD DIET, PROPER EXERCISE, FINDING YOUR "IKIGAI" OR YOUR LIFE'S PURPOSE, AND "MAOI" OR YOUR COMMUNITY OR GROUP OF FRIENDS.* IF YOU STRUGGLE WITH FINDING YOUR LIFE'S PURPOSE, CONSIDER THE ACTIVITIES THAT PLACE YOU IN A "STATE OF FLOW" OR IN A TRANCE LIKE STATE WHERE YOU LOSE CONCEPT OF TIME. THIS WILL SERVE AS A GUIDE TO WHAT YOUR "IKIGAI" IS AND WHERE YOUR PASSIONS LIE.

Employee Productivity and Performance & Wellness

RECENT SURVEYS OF OVER 500 BUSINESS LEADERS HAVE CONCLUDED THAT TOP ORGANIZATIONAL PRIORITIES HAVE BEEN POSITIVELY INFLUENCED BY EMPLOYEE HEALTH, INCLUDING PRODUCTIVITY, PERFORMANCE, EMPLOYEE ENGAGEMENT OR MORALE, BENEFITS COST REDUCTION, AND SAFETY.

WHAT IS AN EMPLOYEE WELLNESS PROGRAM?

IT COMMONLY REFERS TO A COLLECTION OF INITIATIVES WITHIN AN ORGANIZATION TO PROMOTE HEALTHY LIFESTYLES AMONG EMPLOYEES, AND IN SOME CASES, SPOUSES AND DEPENDENTS OF EMPLOYEES.

POTENTIAL WELLNESS PROGRAM OFFERINGS:

YOGA AND/OR FITNESS CLASSES, MEDITATION SESSIONS (MINDFULNESS TRAINING), HEALTH & LIFE COACHING, ACCESS TO HEALTHY FOOD AND NUTRITION TRAINING, BIOMETRIC SCREENING, FLEXIBLE WORK SCHEDULES, HEALTH EDUCATION, HEALTH FAIRS, WEIGHT MANAGEMENT, AND WELLNESS CHALLENGES.

Community Events & Collaboration

COMMUNITY EVENTS (SUCH AS “YOGA ON THE LAWN”) CAN SERVE AS COMMUNITY WELLNESS HUBS (THAT CONNECT COMMUNITY MEMBERS TO COMPREHENSIVE WELLNESS PROGRAMS) THROUGH COMMUNITY PARTNERSHIPS (GOVERNMENT AGENCIES, REGIONAL HEALTH SYSTEMS, COLLEGES AND UNIVERSITIES, NON-PROFIT ORGANIZATIONS, CHAMBERS OF COMMERCE, OTHER BUSINESSES).

HOW CAN WE PROMOTE HEALTHY COMMUNITIES?

- ADDRESS BASIC NEEDS SUCH AS FOOD, SHELTER, AND EDUCATION,
- PROMOTE HEALTHIER LIFESTYLES, ONE PERSON AT A TIME,
- KNOCK DOWN BARRIERS TO HEALTH SCREENINGS AND NEEDED CARE, AND
- CREATE OPPORTUNITIES FOR PEOPLE TO IMPROVE THEIR LIVES.

TAVISTOCK DEVELOPMENT COMPANY – LAKE NONA MEDICAL CITY RESIDENTS RECEIVE FREE YOGA AND MEDITATION CLASSES IN CONJUNCTION TO COMMUNITY EVENTS RANGING FROM GARDENING TO LIVE MUSIC. THESE EVENTS ARE INTENDED TO ENCOURAGE NEIGHBORS TO BOND AND ALMOST 1,000 EVENTS ARE CARRIED OUT ANNUALLY.

Yoga On The Lawn & Yogi Brunch

AS PART OF THE “FRESH EXPRESSIONS” COMMUNITY OUTREACH EFFORT FOR SPRING OF LIFE METHODIST CHURCH, WE HAVE OFFERED FREE YOGA CLASSES (MINDFUL YOGA) OVER THE PAST TWO YEARS IN LAKE NONA. IN ADDITION, WE ADDED THE “YOGI BRUNCH”, WHICH IS A MONTHLY OFFERING AIMED AT DEEPENING CONNECTION AND SOCIAL BONDING. THIS HAS BEEN DONE FOR THE PAST 1.5 YEARS. THE NUMBER OF CONNECTIONS MADE AND OVERALL EFFECT, NOT ONLY ON OUR LIVES, BUT ALSO THE PARTICIPANTS, HAS BEEN INCREDIBLE.



Breakfast for the Homeless & Others

OVER THE PAST THREE YEARS, WE HAVE INVITED THE COMMUNITY YOGA EVENT PARTICIPANTS TO PARTICIPATE IN A SPONSORED BREAKFAST FOR THE HOMELESS IN ORLANDO, FLORIDA. WE HAVE FED OVER 40 PEOPLE AND PROVIDED GIFTS OF CLOTHING, TOILETRIES, AND OTHERS. WE HAVE ALSO SUPPORTED EACH OTHER IN LIFE EVENTS.



Wellness Evening Retreats

WITH THE SUPPORT OF THE SPRING OF LIFE METHODIST CHURCH, WE HAVE STARTED A **QUARTERLY WELLNESS RETREAT** OFFERING FOR THE **LAKE NONA COMMUNITY** BRINGING TOGETHER **HEALTH CARE PROFESSIONALS, HOLISTIC HEALING PRACTITIONERS, WELLNESS CENTRIC BUSINESSES** FOR AN EVENING OF WELLNESS ACTIVITIES (YOGA, MEDITATION, SOUND HEALING) AND WELLNESS WORKSHOPS (FUNCTIONAL MEDICINE, LIFE COACHING, CONSCIOUS COMMUNITY, MENTAL HEALTH COUNSELING, NUTRITION EXPERTS, AND OTHERS). THIS HAS BEEN DONE WITH THE COLLABORATION OF ANOTHER LOCAL BUSINESS (VILLAGE CONNECT BY 3RD ARM). THE EVENT HAS PROVIDED THE PARTICIPANTS WITH A PROTEIN/VEGAN MEAL AND LIVE ENTERTAINMENT, FOR AN AFFORDABLE PRICE.



Wellness Evening Retreats



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Contact Information:



Caesar Cabral

Health & Life Coach

My passion is to help others through the power of my voice and actions and find that the true path to happiness and fulfillment begins and ends with giving of yourself to others.



SCAN ME